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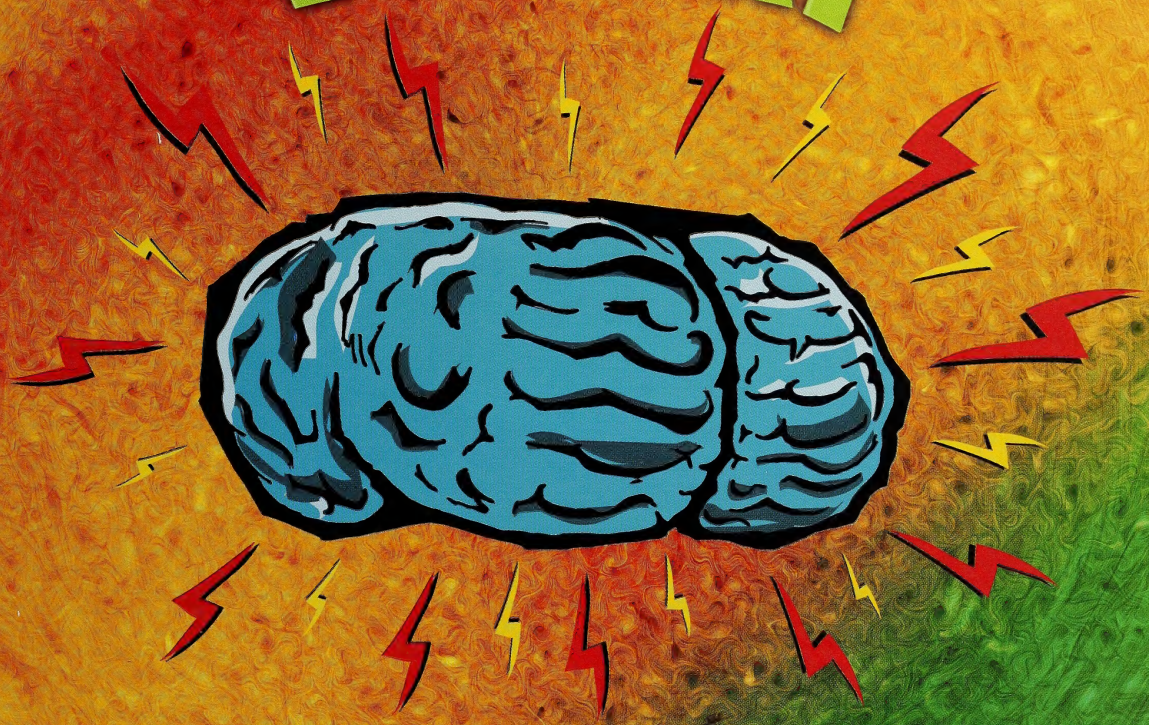
Think!



A traffic safety toolkit for your brain

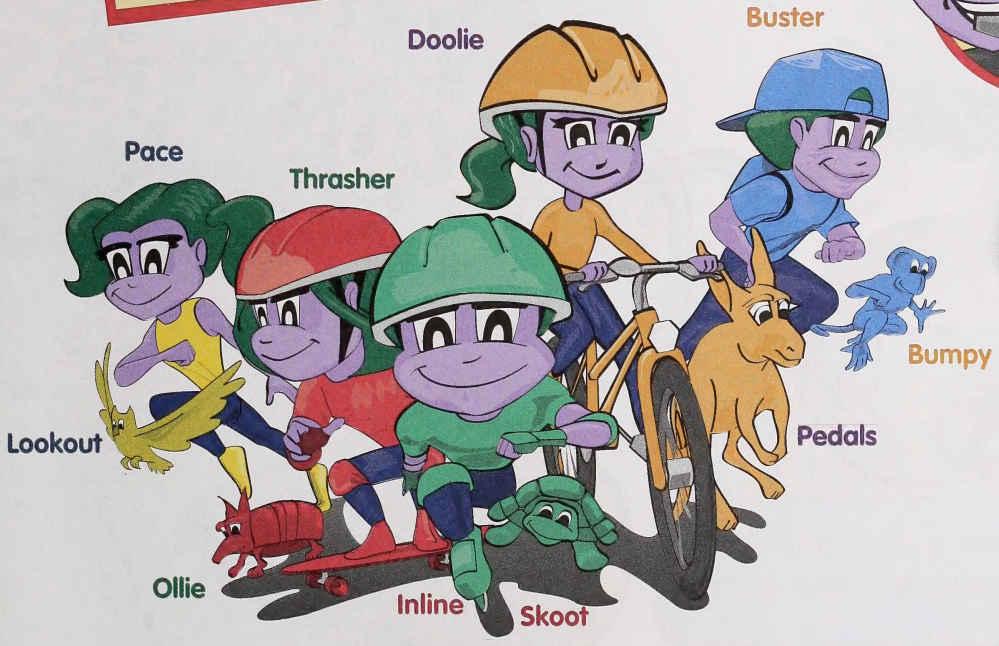
Book Three
Grade 4-6

Alberta
TRANSPORTATION
Traffic Safety Initiative

Hello!
My name is Kip. I'm the Traffic Safety Agent for the Kinetic Kids. They are a group of five kids who, along with their sidekicks, teach others how to walk, skate and ride around safely.
KIP

Traffic Safety is a big part of life

When you walk to school, skateboard, or ride in a car or bus, you are a part of traffic. Rules are there to help you stay safe. But they are not enough. It's important that you take control of your own safety and put your brain in gear.



Tune up for traffic!

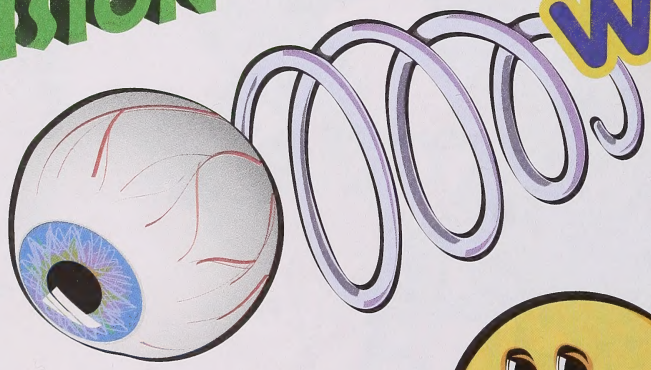
Complete the puzzles and games in this book!

MEMORY

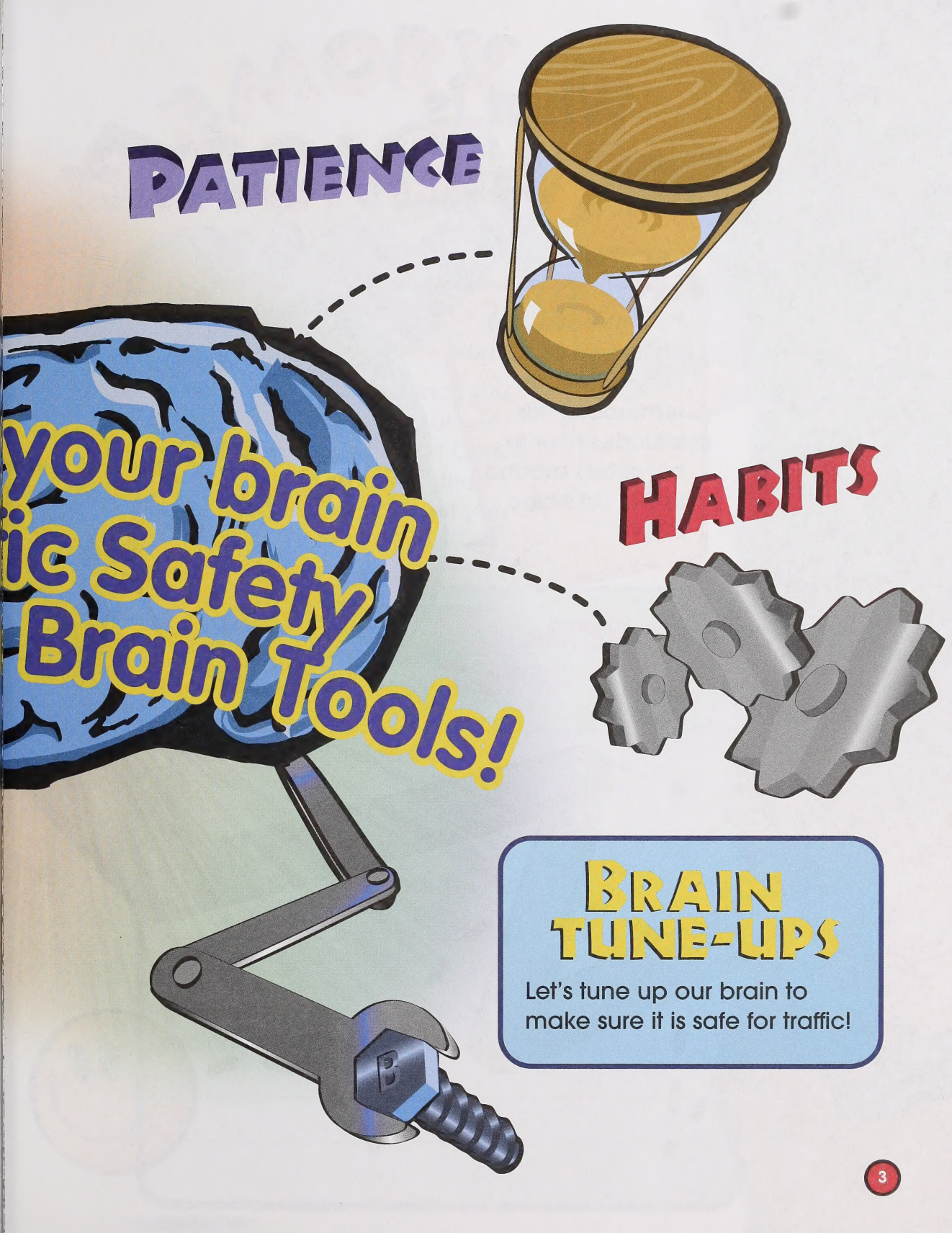
Your brain uses these tools every day, every second you are awake. Did you know these tools can also keep you safe? It's true!

Tune up
for Traf
with these

VISION



ATTITUDE

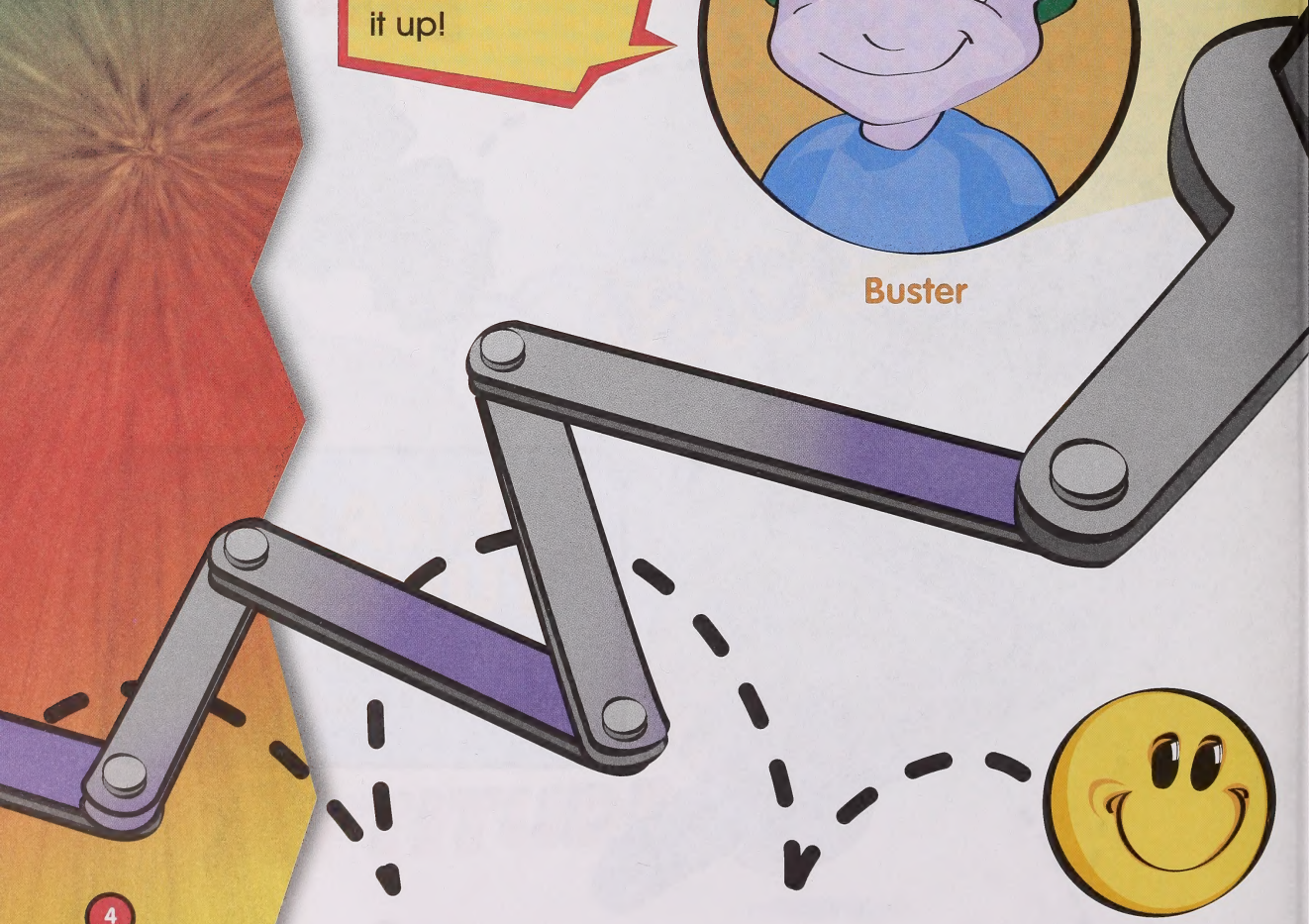

PATIENCE
your brain
ic Safety
Brain Tools!
HABITS
BRAIN TUNE-UPS
Let's tune up our brain to make sure it is safe for traffic!

Brain Tool 1

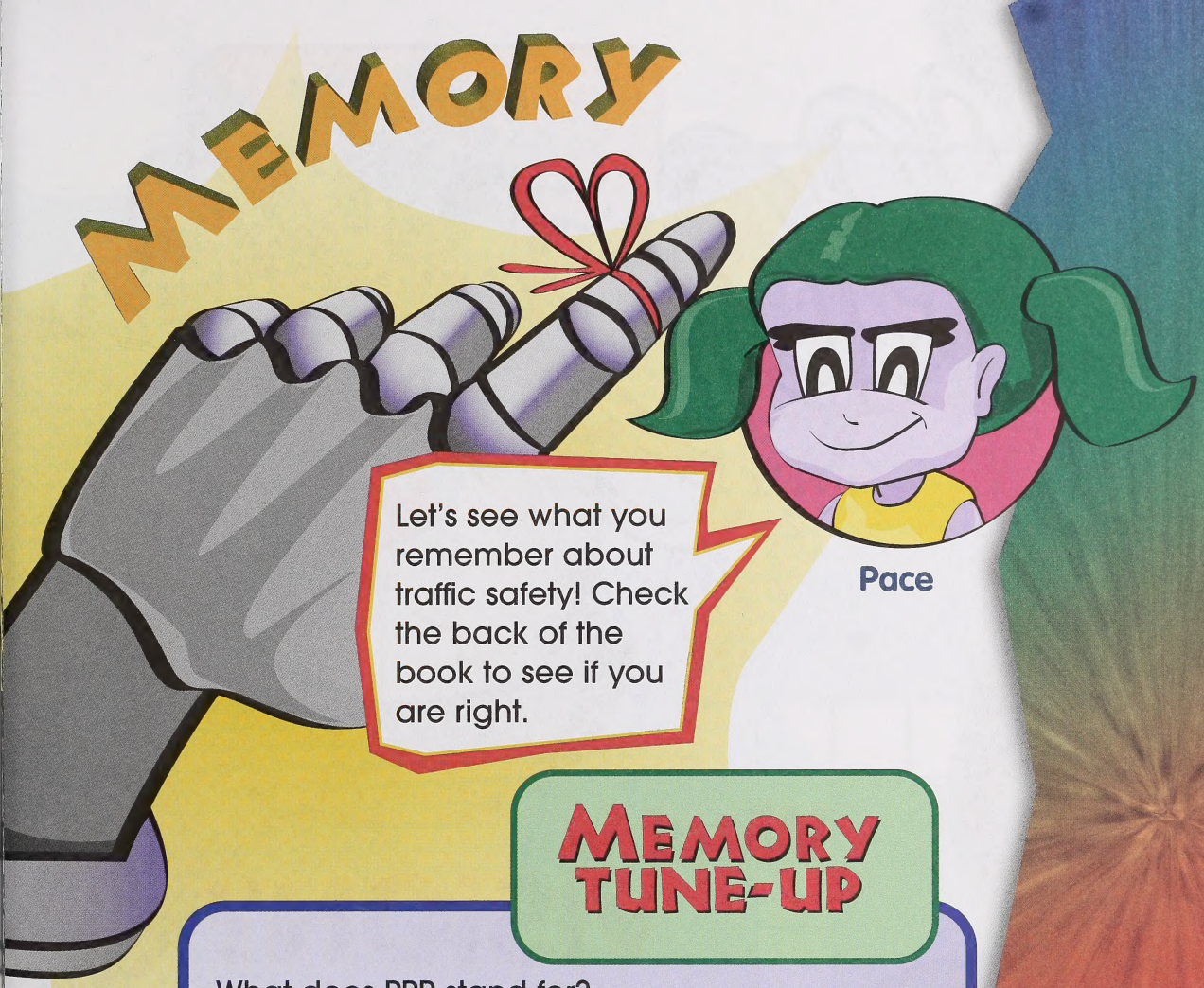
What is MEMORY?

Your memory is a collection of all the things you can remember. This includes how to act safely around traffic. Let's tune it up!

Buster



MEMORY



Let's see what you remember about traffic safety! Check the back of the book to see if you are right.

Pace

MEMORY TUNE-UP

What does PPP stand for?

_____

Where should you cross the street?

_____

If there is no sidewalk, should you walk facing traffic or with your back to traffic?

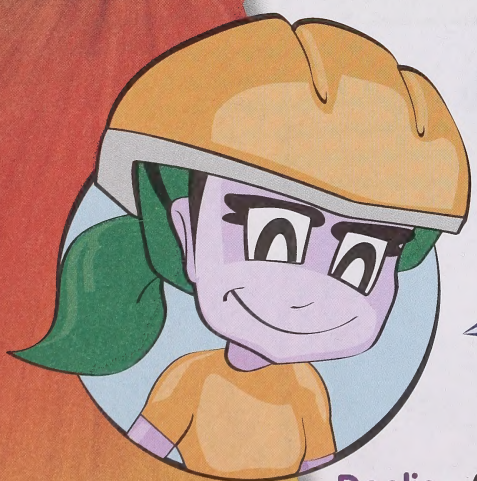
_____

_____

Brain Tool 2

Vision

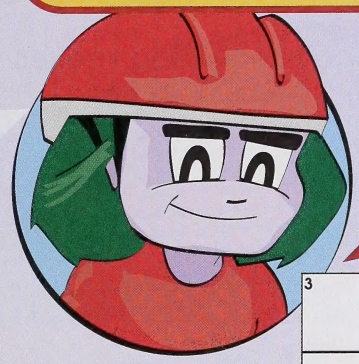
What is VISION?



Doolie

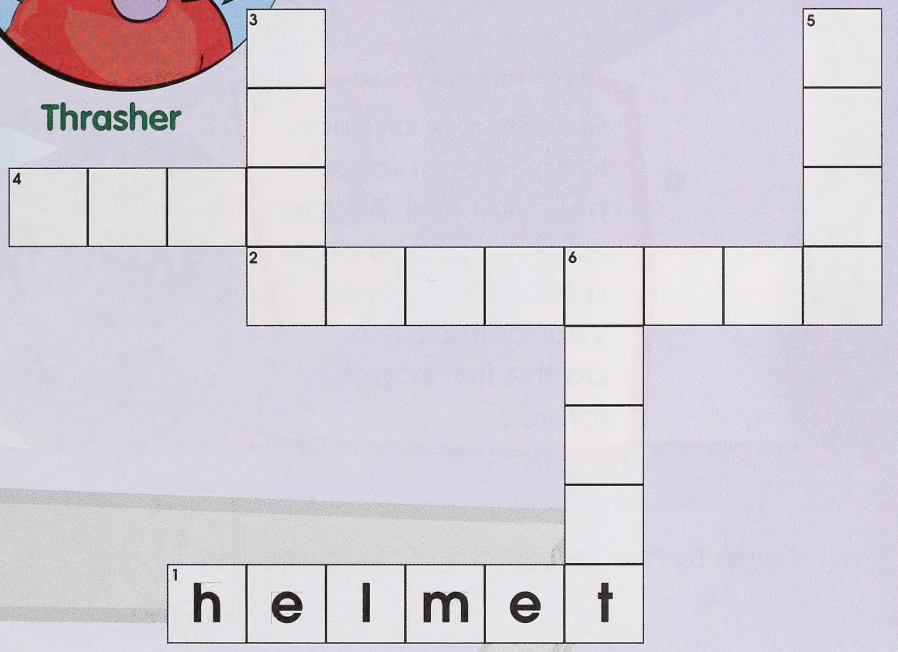
Vision means seeing things with your eyes. It also means thinking ahead and being ready at all times.

VISION TUNE-UP



Thrasher

This crossword puzzle highlights some of the things you need to do to be ready and safe.



1. Wear a helmet on your head when riding your bike.
2. Walk on the _____ if there is one.
3. Don't run out from between parked _____.
4. Look _____ ways before crossing the street.
5. Always _____ your bike across the street.
6. Wear pads, a helmet and _____ guards when you go out skateboarding or in-line skating.

What is ATTITUDE?

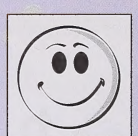
What you think and feel about something makes up your attitude. In traffic, attitude is everything. The right attitude, that is.

SHOW YOUR FACE

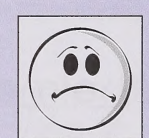
Here is your chance to show everyone how you feel. Beside each sentence draw a face that shows your attitude. I'll do the first couple for you.

Inline

It's up to me to be safe, not drivers.

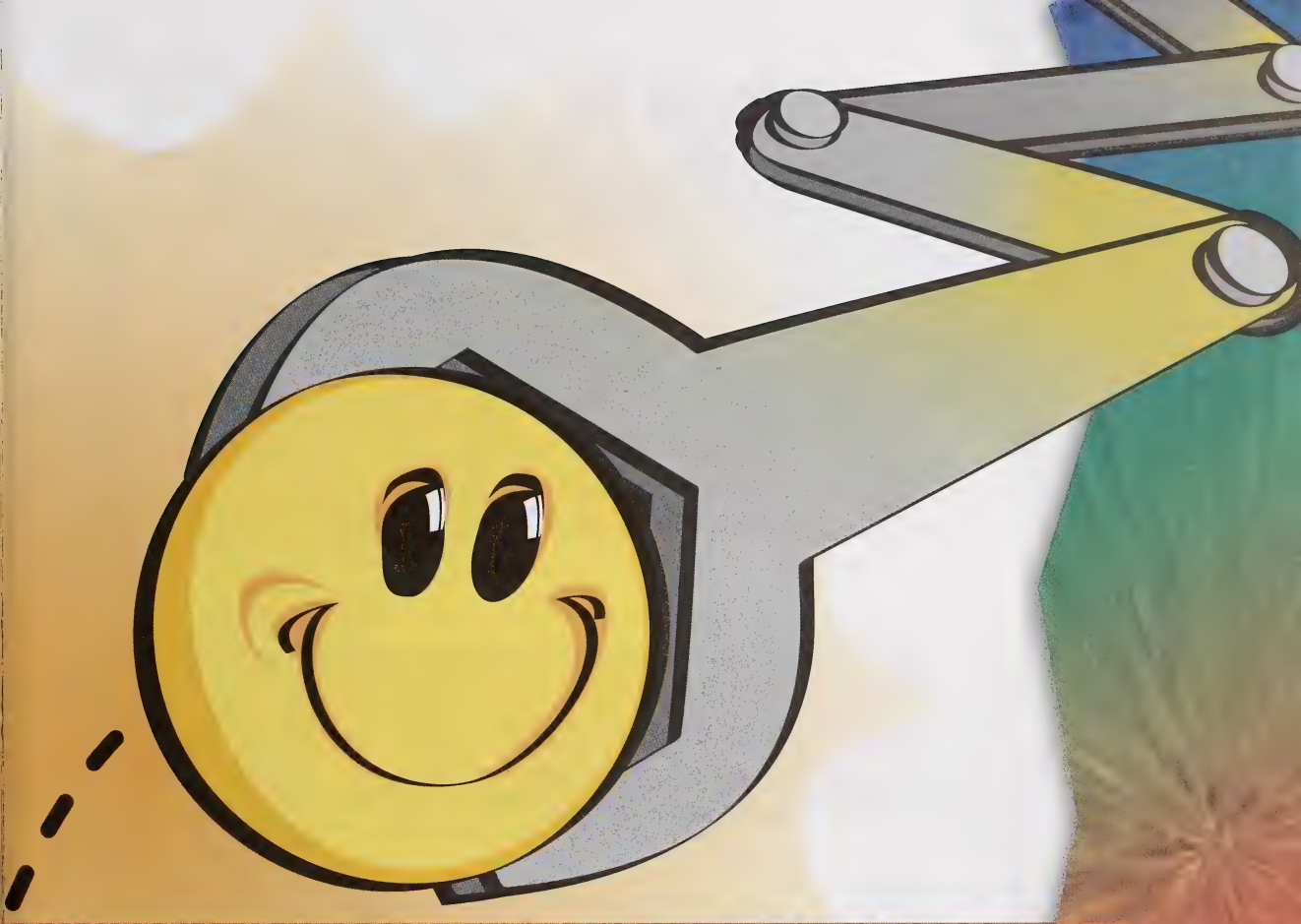


Skateboarding without pads is cool.



It's important to think about safety on the bus.

It's safe to ride my bike in the dark.



My head is strong and doesn't need a helmet.

Obeying traffic signs is smart.

Traffic rules only apply to cars.

A park is a safer place to play than the street.

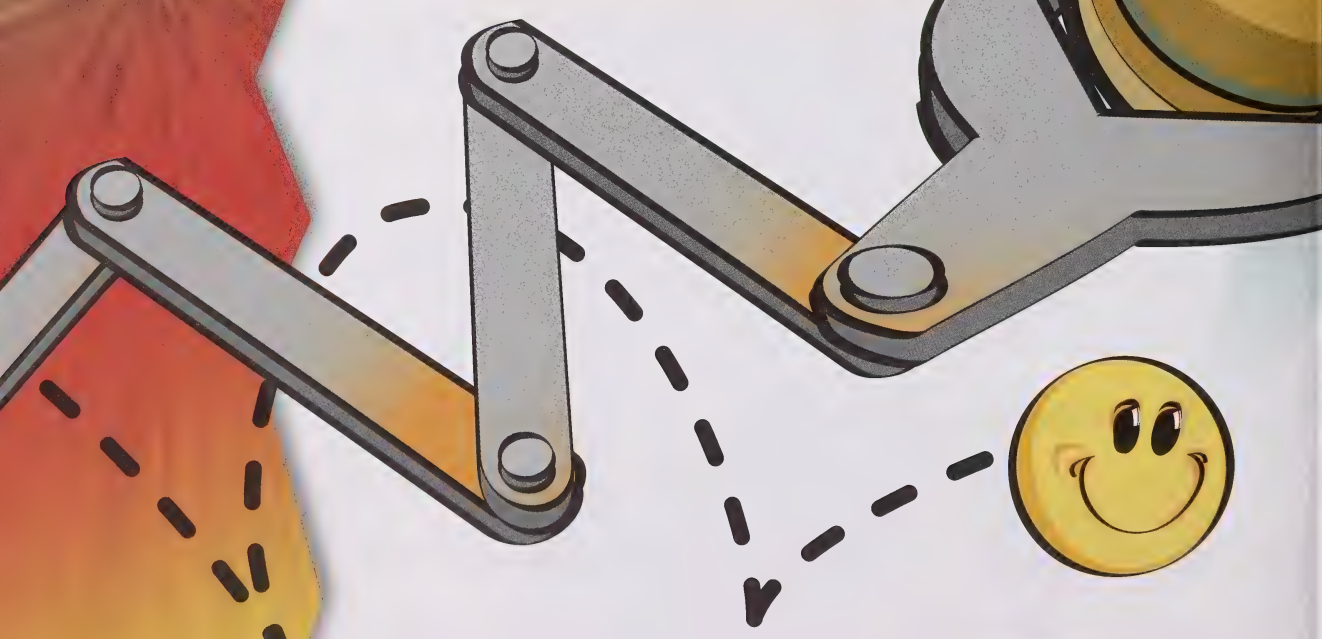
What is PATIENCE?

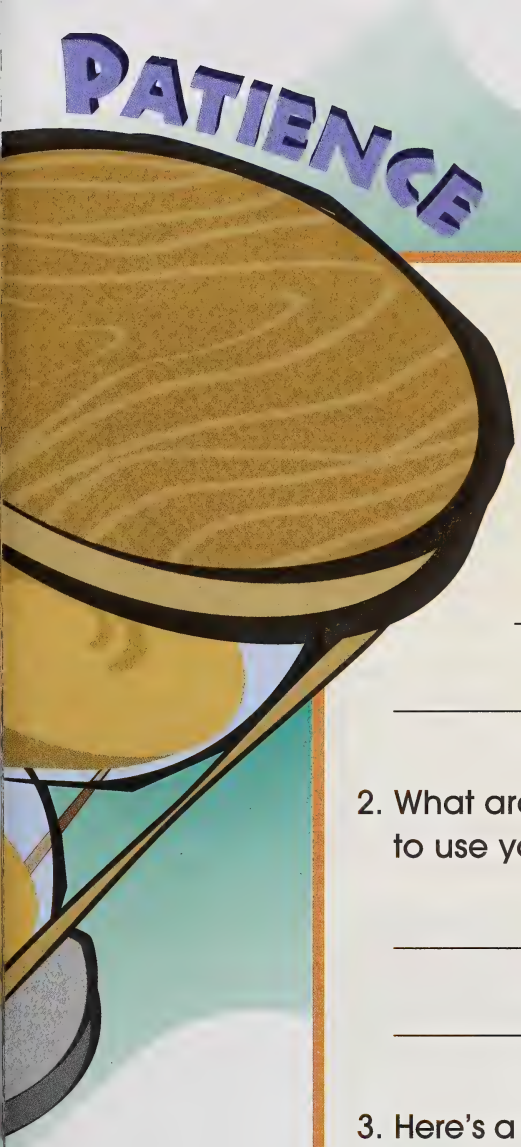
Bumpy

It means keeping your cool and not rushing into situations. Patience can seem like a waste of time, but it's not. Stopping, thinking and waiting are what being cool and being safe have in common.

Lookout

If you take the time to think about what is happening around you in traffic, you have a better chance of being safe.





PATIENCE TUNE-UP

1. What's another way to say "Be Patient" ? (Here's a few to get you started.) "Be cool." "Relax." Can you think of a few more?

_____

_____

_____

2. What are some traffic situations where you need to use your patience?

_____

_____

3. Here's a slogan that shows why using patience is good. Example: Be patient, or you could be a patient. Can you come up with another one or two?

_____

_____

_____

Brain Tool 5

What is HABIT?

Buster

It's something you have done so many times that you don't really have to think about it any more. Good traffic habits are important - these are safe actions you do all the time to avoid trouble.

Sometimes you can't avoid trouble in traffic. That's why it's a good idea to pick up good habits, like wearing your bike helmet, buckling your seatbelt, and wearing your safety gear when you in-line skate or skateboard.

Bumpy

HABIT TUNE-UP

What are some things you do automatically without thinking?

Examples are: Putting up your hand to ask a question in class. Turning the light on when you enter a room.

Can you think of others?

_____

_____

_____

_____

These are your habits.

HABITS

Draw the line!

There is a right way and a wrong way to cross the street. Which habit should you pick up? Connect the dots to find out!

Match 'em UP

Match each Brain Tool to its picture.

Memory
Vision
Smell
Attitude
Talking
Patience
Habits
Studying

Hint: You should have three words left over.

Can you find these words that will help you be a safer part of traffic?

Stop Look Think Ahead Gear Rules Signs

S	T	O	P	J	L	G	F
R	A	H	E	M	A	E	K
U	A	H	I	G	E	A	L
L	H	T	E	N	I	R	O
E	A	R	L	A	K	N	O
S	I	G	N	S	D	S	K

Start it up!

Remember: Whenever you are in traffic your brain should be turned on.

Just like a car or truck, your brain has many gears. You use different gears depending on the situation. Have a look at these Brain Gears!

P is for Park

You are stopped at the beginning of your trip. You should be using your brain to plan ahead and make sure you have everything you need for a safe trip.

N is for Neutral

You are in traffic, your brain is going, but your body isn't.

D is for Drive

You are in control. You use all of your Traffic Safety Brain Tools and you are moving through traffic. You make good decisions about when to go faster, slow down, put the brakes on and change gears.

Road Test Your Brain!

Now that your brain is all tuned up, it is time to put it to the test. Keep these gears in mind over the next pages. You will need them!

ROAD TEST 1

To Swerve

Doolie

Of all your body parts, your head is the most important. That's because your brain takes care of everything. Which sports equipment do you need a helmet to play with?

Got a Brain?

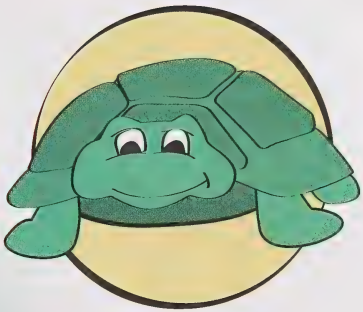
Get a Helmet... and make sure it fits properly!

The Hard Facts

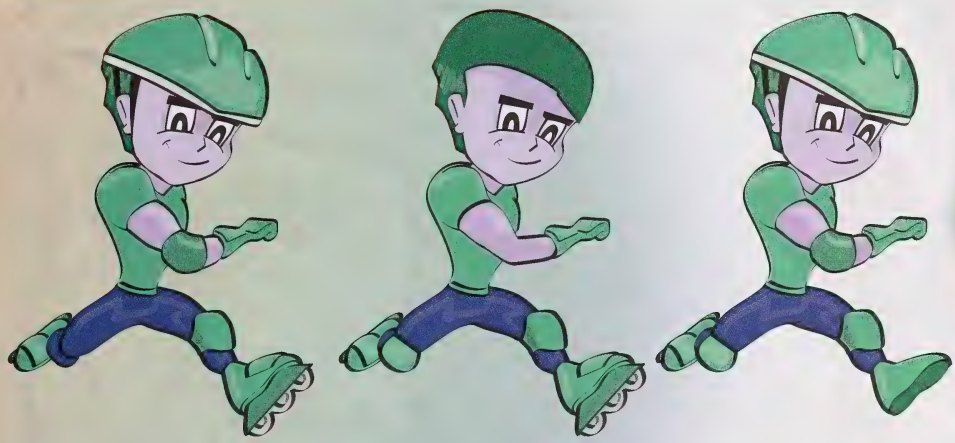
- Wearing an approved bike helmet has been proven to reduce the risk of head injury by as much as 85%.
- Hockey helmets and other kinds WON'T protect your head like a proper bike, in-line, or skateboarding helmet can.

& Protect

Even the best skateboarders and in-line skaters fall. That's why they wear protection, including padding. These pictures of Inline are all different. Can you circle where there is equipment missing in each one?



Skoot



The Hard Facts

- Hands and wrists are the most commonly injured body parts.
- A helmet, wrist guards, knee pads and elbow pads take less than a minute to put on.
- Broken bones are the most common injury among skateboarders.

Go Sign

ROAD TEST 2

Signs are an important part of traffic. They let everybody know the rules, where you can go and where you can't.

Thrasher

Ollie

Can you tell Thrasher what each of these signs mean and what he should do when he sees them?

1.

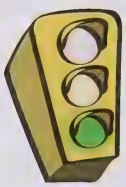
2.

3.

4.

5.

6.

7. 

8.

Seeing!

To avoid getting into a crash, you have to let everyone know where you are going. People can't read your mind! That's why cars have signal lights and that's why you have arms!

Doolie

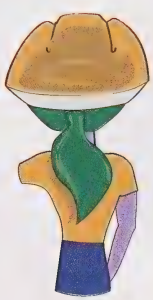
Pedals

Draw which way Doolie's arm should point in each picture. I'll do the first one.

The Hard Facts

- Pedestrian injuries are most likely to happen after school and before and after dinner.
- You are five times more likely to be injured in places where there are no playgrounds.
- The driveway is the most common place where injuries occur away from traffic.

STOP



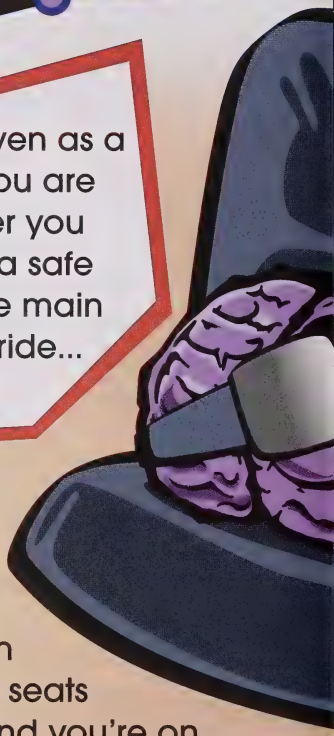
TURN RIGHT

TURN LEFT

ROAD TEST 3

Sitting Pretty

Even as a passenger, you are still part of traffic. Whether you are in a bus or in a car, there is a safe way to go along for the ride. The main rule is to sit back and enjoy the ride... quietly. Don't distract the driver.



TAKE A SEAT!

Each of these questions deals with being a passenger. You have three seats to chose from — pick the right one and you're on you're way home!

1. What should you do when you are waiting for the bus?

- Stand quietly in a group
- Play catch with your friends
- Line your friends up and do "the wave"

2. When getting out of the car, where is it safest to exit?

- Out of the sunroof
- On the road side
- On the sidewalk side

3. Do you need to wear your seatbelt if you are only going for a short ride?

- No
- Only sometimes
- Yes

4. When riding on the bus, you should:

- Throw notes to the person across the aisle
- Sit backwards and talk to your friends in the seat behind you
- Sit quietly with your hands inside the bus

5. What is the most important reason to stay clear of the bus?

- The exhaust smells
- It could move and you could fall underneath it
- There isn't enough room to play catch

6. If you take the bus, wearing warm clothes is smart because:

- You might have to wait for the bus
- It gets cold when the bus windows are open
- Your mom made you

This red area is called the danger zone. If you step into it you are putting your safety at risk. If you can touch the bus you are too close!

The Hard Fact

- The greatest danger to students and for others on the road is when people are getting on and off the bus.

Intersecting

ROAD TEST 4

Intersections are at the centre of traffic safety. Learning how to act in and around them is the key to being safe. Here's the first step.

Fill in these safety blanks and find the secret message!

Cross at corners or c_____☐_____

Be careful crossing d_____☐___

Never cross in the ___d_☐__ of the road

L___☐ left, right, ahead and behind before crossing

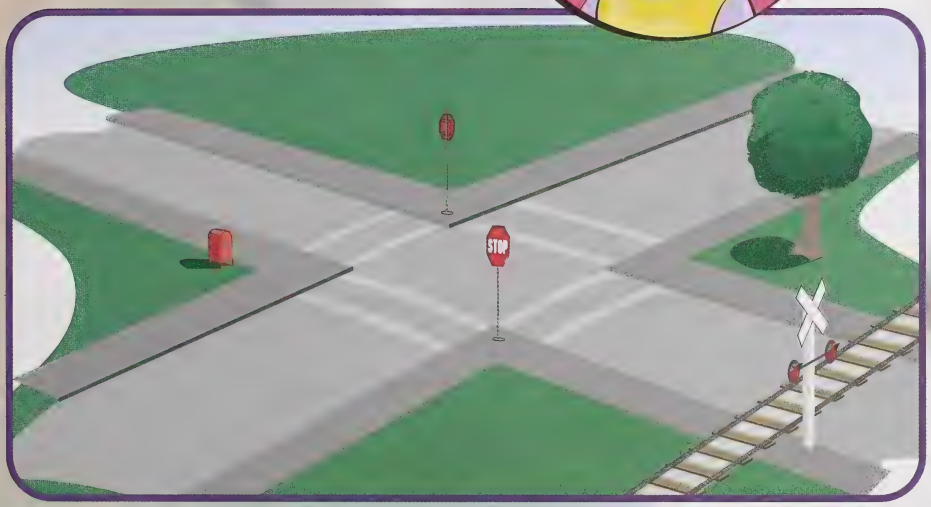
Point, pause and ___☐____d

Obey stop s___☐_

The secret message is _____ ___!

With Intelligence

Draw lines across the street where you think it would be safe to cross.



The Hard Facts

- Children are more likely to be injured walking than adults are. This is because children are smaller, and have a harder time seeing dangers. They get distracted easily.
- The risk of pedestrian injury is five times greater in places where there are no playgrounds.

You Have the Tools!
But Do You Have the Skills?

The Traffic Safety Skills you need are:

- Thinking about what to do at intersections.
- Knowing your signals and using them every time.
- Keeping your cool in traffic.
- Understanding and following the street signs.
- Watching out for trouble in traffic.
- Thinking about safety every time you are a part of traffic.

Answers Please!

PAGE 5

1. Point, Pause, Proceed.
2. At a corner or crosswalk.
3. Facing.

PAGE 7

1. Helmet
2. Sidewalk
3. Cars
4. Four
5. Walk
6. Wrist

PAGE 8 & 9

It's up to me to be safe, not drivers.

Skateboarding without pads is cool.

It's important to think about safety on the bus.

It's safe to ride my bike in the dark.

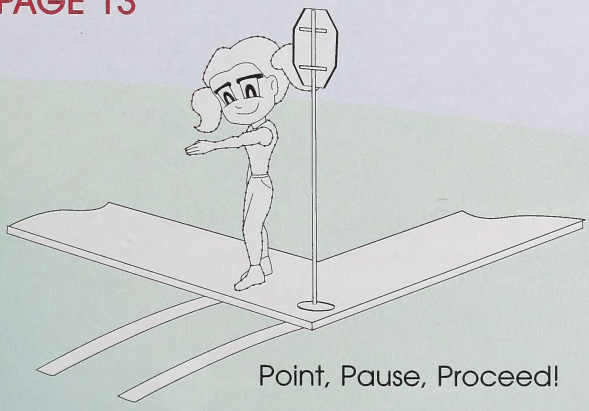
My head is strong and doesn't need a helmet.

Obeying traffic signs is smart.

Traffic rules only apply to cars.

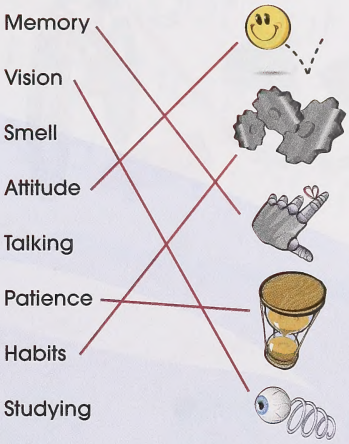
A park is a safer place to play than the street.

PAGE 13



Point, Pause, Proceed!

PAGE 14

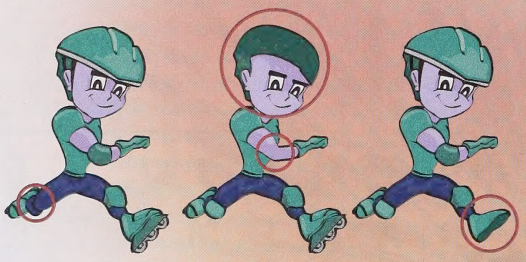


S	T	O	P	J	L	G	F
R	A	H	E	M	A	E	K
U	A	H	I	G	E	A	L
L	H	T	E	N	I	R	O
E	A	R	L	A	K	N	O
S	I	G	N	S	D	S	K

Answers Please!

PAGE 18

PAGE 19



PAGE 20

1. He should stop and look in all directions for traffic.
2. He can't skateboard in this area.
3. He can cross the road here.
4. He can't go into this area or down this street.
5. He can cross the street when he sees this.
6. He shouldn't cross the road. He should wait for the walk signal.
7. He can proceed, looking in all directions for traffic.
8. This is a designated, safe bike route.

PAGE 21

STOP TURN RIGHT TURN LEFT

PAGE 22 & 23

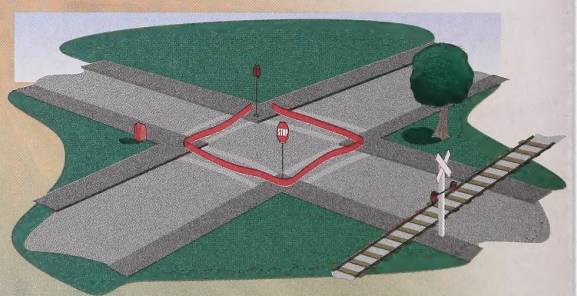
1.
2.
3.
4.
5.
6.

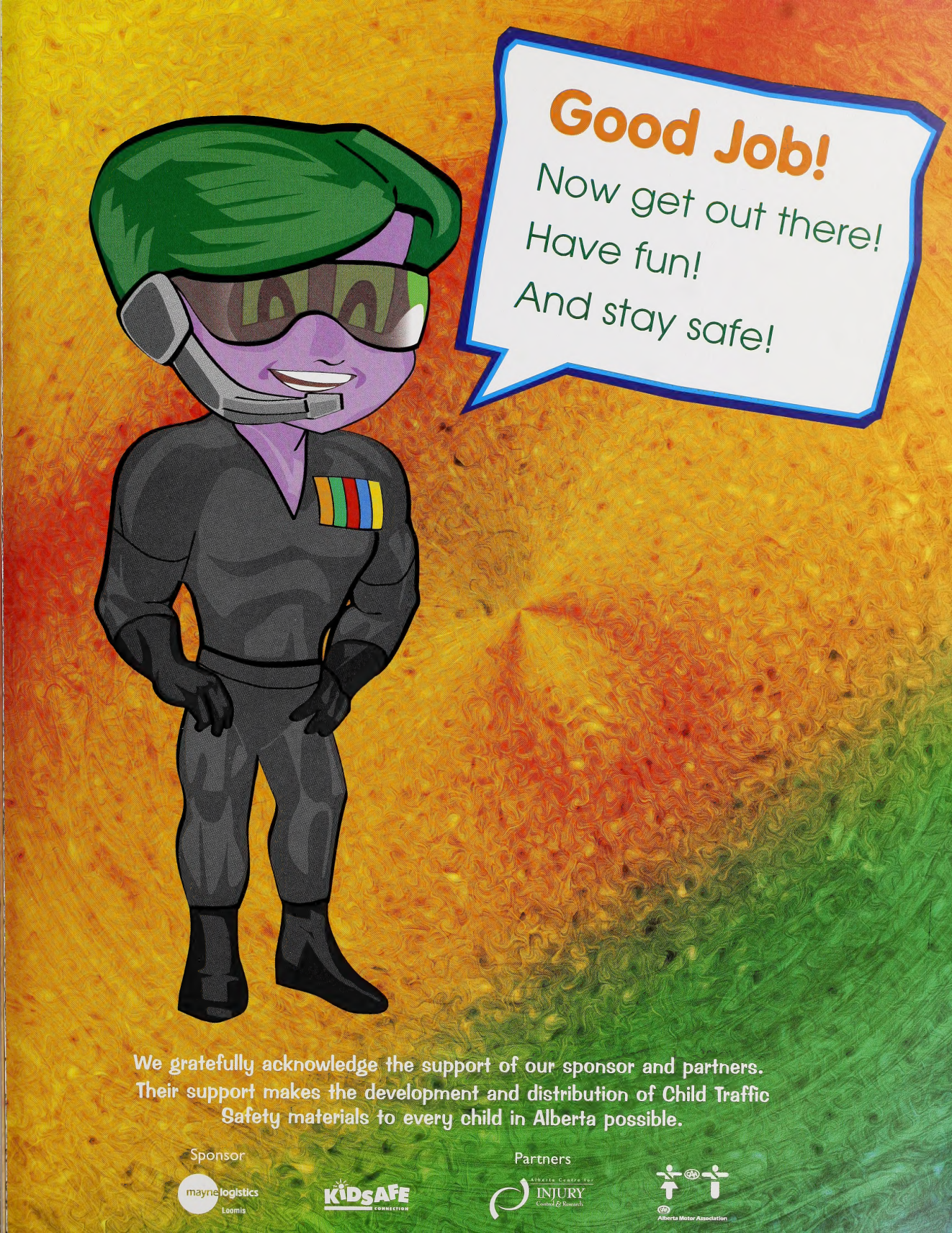
PAGE 24

Cross at corners or CROSSWALKS
Be careful crossing DRIVEWAYS
Never cross in the MIDDLE of the road
LOOK left, right, ahead and behind before crossing
Point, pause and PROCEED
Obey stop SIGNS

The secret message is: WALK ON!

PAGE 25





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